

FOSTER AND THRIVE FIBER LAXATIVE 147- calcium polycarbophil tablet
Strategic Sourcing Services LLC

Foster and Thrive Fiber Laxative -147

ACTIVE INGREDIENT (in each caplet)

Calcium polycarbophil 625 mg equivalent to 500 mg polycarbophil

PURPOSE

Bulk-forming laxative

USE(S)

- relieves occasional constipation
- this product generally produces bowel movement in 12 to 72 hours

WARNINGS

Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

ASK A DOCTOR BEFORE USE IF YOU HAVE

- abdominal pain, nausea or vomiting
- difficulty in swallowing
- a sudden change in bowel habits that persists over a period of 2 weeks

ASK A DOCTOR OR PHARMACIST BEFORE USE IF YOU ARE

taking any other drug. Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.

WHEN USING THIS PRODUCT

- do not use for more than 7 days unless directed by a doctor
- do not take more than 8 caplets in a 24 hour period unless directed by a doctor

STOP USE AND ASK A DOCTOR IF

- you experience chest pain, abdominal pain, nausea, vomiting, difficulty in breathing or swallowing
- you fail to have a bowel movement after use or have rectal bleeding. These could be signs of a serious condition.

KEEP OUT OF REACH OF CHILDREN

In case of over dose, get medical help or contact a Poison Control Center immediately (1-800-222-1222).

DIRECTIONS

- take this product (child or adult dose) with a full glass of water (8oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning.
- dosage will vary according to diet, exercise, previous laxative use or severity of constipation
- continued use for 1 to 3 days is normally required to provide full benefit

adults and children 12 years and over	2 caplets, 1 to 4 times a day
children under 12 years	ask a doctor

OTHER INFORMATION

- **each caplet contains:** calcium 135 mg
- store at room temperature
- protect contents from moisture

INACTIVE INGREDIENTS

calcium carbonate, caramel, colloidal silicon dioxide, crospovidone, hydroxypropyl methylcellulose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, sodium lauryl sulfate.

QUESTIONS OR COMMENTS?

Call 833-358-6431 Monday to Friday 9:00 am to 7:00 pm EST

PRINCIPAL DISPLAY PANEL

NDC 70677-1083-1

COMPARE TO FIBERCON® ACTIVE INGREDIENT*

Foster and Thrive™

**Fiber Laxative Calcium Polycarbophil 625 mg
Bulk-Forming Laxative**

Relieves Occasional Constipation

90 Caplets

Peel Here for Continuing Drug Facts

LOT: 10939195612
EXP: 5

BLANK AREA
FOR LOT/EXP

UNWRAPPED HES TO BE
LEFT BLANK FOR LOT & EXPIRATION
DATE (DO NOT PRINT)

Drug Facts

Active ingredient (in each caplet)
Calcium polycarbophil 625 mg equivalent to 500 mg polycarbophil. Bulk-forming laxative.

Uses
Relieves occasional constipation.
The product generally produces bowel movement in 12 to 72 hours.

Warnings
Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing, if you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Ask a doctor before use if you have:
■ abdominal pain, nausea or vomiting
■ difficulty in swallowing
■ a sudden change in bowel habits that persists over a period of 2 weeks.
Ask a doctor or pharmacist before use if you are taking any other drug. Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.

When using this product
■ do not use for more than 7 days unless directed by a doctor
■ do not take more than 8 caplets in a 24 hour period unless directed by a doctor

Drug Facts (continued)

Stop use and ask a doctor if
■ you experience chest pain, abdominal pain, nausea, vomiting, difficulty in breathing or swallowing
■ you fail to have a bowel movement after use or have rectal bleeding. These could be signs of a serious condition.

Keep out of the reach of children. In case of overdose, get medical help or contact a Poison Control Center immediately (1-800-222-1222).

Directions ■ take this product (child or adult dose) with a full glass of water (8oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning.
■ dosage will vary according to diet, exercise, previous laxative use or severity of constipation ■ continued use for 1 to 3 days is normally required to provide full benefit

adults & children 12 years & over	2 caplets, 1 to 4 times a day
children under 12 years	ask a doctor

Other information ■ each caplet contains: calcium 135 mg ■ store at room temperature ■ protect contents from moisture

Inactive ingredients calcium carbonate, caramel, colloidal silicon dioxide, croscopolone, hydroxypropyl methylcellulose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, sodium lauryl sulfate.

Questions or comments? Call 833-358-6431 Monday to Friday 9:00 am to 7:00 pm EST

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Money Back Guarantee
www.fosterandthrive.com

*This product is not manufactured or distributed by Foundation Consumer Brands, owner of the registered trademark Fibercon®.

Stop Peeling Here

GLUE AREA
(NO COPY)

NDC 70677-1083-1 COMPARE TO FIBERCON® ACTIVE INGREDIENT

Foster & Thrive™

Fiber Laxative

Calcium Polycarbophil 625 mg

BULK-FORMING LAXATIVE

Relieves Occasional Constipation

90 CAPLETS

WARNINGS: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

TAPE HERE TO SEAL UNDER CAP IS TORN OR MISSING.

FOSTER AND THRIVE FIBER LAXATIVE 147

calcium polycarbophil tablet

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:70677-1083
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
CALCIUM POLYCARBOPHIL (UNII: 8F049NKY49) (POLYCARBOPHIL - UNII:W25LM17A4W)	CALCIUM POLYCARBOPHIL	625 mg

Inactive Ingredients

Ingredient Name	Strength
CALCIUM CARBONATE (UNII: H0G9379FGK)	
CAMEL (UNII: T9D99G2B1R)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
HYPROMELLOSE, UNSPECIFIED (UNII: 3NXW29V3WO)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL, UNSPECIFIED (UNII: 3WJQ0SDW1A)	
SODIUM LAURYL SULFATE (UNII: 368GB5141J)	

Product Characteristics

Color	WHITE (Off white)	Score	no score
Shape	OVAL	Size	18mm
Flavor		Imprint Code	G147
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:70677-1083-1	90 in 1 BOTTLE; Type 0: Not a Combination Product	06/15/2023	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	06/15/2023	

Labeler - Strategic Sourcing Services LLC (116956644)